

### IN THE CLAIMS

#### Cancel claims 1-12 and replace with the following:

13. (New) A self-actuated cervical traction device for performing traction on a user's neck comprising,

a headpiece, said headpiece including a first element which is adapted to be placed about the back of the neck of the user,

said headpiece further including a second element which is adapted to secure said first element on the head of the user,

said headpiece first element being generally rectangular and having a front side, a back side, a right side and a left side, said headpiece first element right side provided with a first slot and said headpiece first element left side provided with a second slot,

said headpiece first element back side including a strap affixed thereto, said strap forming a first loop,

said headpiece second element being elongated and having a front side, a back side, a right side and a left side, said front side having padding centrally located thereon, said back side including first hook fasteners on the right distal portion, second hook fasteners on the left distal portion, and loop connectors centrally located opposite said padding,

wherein said headpiece first element is placed about the neck of the user, said headpiece second element is placed on the forehead of the user with the padding lying thereon, said right distal portion is pulled through said first slot and said first hook fasteners are connected to said loop connectors, and further said left distal portion is pulled through said second slot and said second hook fasteners are connected to said loop connectors, thus securing said headpiece to the user,

said first loop including a first connection anchor,

said device further provided with a cord, said cord affixed to said first connection anchor,

a force redirection means, said force redirection means adapted to permit said cord to movably reside thereon,

a second loop, said second loop including a second connection anchor, said cord further affixed to said second connection anchor, whereby

said second loop is placed about the user's feet, the user then extends their legs carefully, causing said cord to pull, creating a pull-force, said force redirection means redirecting said pull-force to said first loop by said first anchor, causing said neck to be pulled by said pull-force through said headpiece in a manner replicating traction.